AMENDMENTS

In the Drawings

Please replace the first two sheets, containing FIGS. 1-4, with the attached Replacement Sheets, which have been duly annotated as "Prior Art".

In the Claims

Please amend claims 1 and 8, cancel claims 3-4 and 13-14, and add new claims 15-18 as follows. The following listing of claims will replace all prior versions and listings of claims in the application.

LISTING OF THE CLAIMS

1	1. (Presently Amended) A plate comprising:
2	a central surface for holding food;
3	a perimeter rim which extends upward from the central surface; and
4	a lip which extends downward from the perimeter rim until the lip is substantially
5	coplanar with the central surface; and
6	a plurality of pinch grips each including a first side extending outward from the central
7	surface of the plate and a second side extending inward from an outer perimeter of the plate,
8	wherein the first side comprises an outward extending indention in the perimeter rim and the
9	second side comprises an inward extending indentation in the lip.
1	2. (Original) The plate of claim 1 wherein:
2	the lip extends downward below the central surface.
1	3. (Cancelled)
1	4. (Cancelled)
1	5. (Original) The plate of claim 1 wherein:
2	the plate is manufactured of paper.
1	6. (Original) The plate of claim 1 wherein:
2	the plate is manufactured of plastic.
1	7. (Original) The plate of claim 6 wherein:
2	the plate is manufactured of foamed plastic.
1	8. (Currently Amended) A disposable plate comprising:
2	a central, substantially planar surface;
3	a rounded rim which extends upward from the central, substantially planar surface; and
	Docket: EC005 Page 3 Amdt1

4 a lip which extends downward form the rounded rim until the lip is substantially coplanar 5 with the central, substantially planar surface; and 6 a plurality of pinch grips each including a first side extending outward from the central 7 surface of the plate and a second side extending inward from an outer perimeter of the plate, 8 wherein the first side comprises an outward extending indention in the rounded rim and the 9 second side comprises an inward extending indentation in the lip: 10 whereby, when the disposable plate is placed on a flat surface, the lip is substantially in 11 contact with the flat surface, reducing an ability of wind to lift the disposable plate off the flat 12 surface. 1 The disposable plate of claim 8 wherein the disposable plate comprises paper. 9. (Original) 1 10. (Original) The disposable plate of claim 8 wherein the disposable plate comprises plastic. 1 11. (Original) The disposable plate of claim 10 wherein the disposable plate comprises foamed 2 plastic. 1 12. (Original) The disposable plate of claim 8 wherein: 2 the lip extends beyond the central, substantially planar surface, whereby the lip will be 3 held against the flat surface under tension of the rounded rim when food is placed on the central, 4 substantially planar surface. 1 13. (Cancelled) 1 14. (Cancelled) The disposable plate of claim 1 wherein: 1 15. (New) 2 the inward extending indentation in the lip stops short of a bottom edge of the lip. 16. (New) 1 The disposable plate of claim 15 wherein: 2 a bottom extent of the outwardly extending indentation in the perimeter rim is coplanar 3 with the central surface of the plate.

2

1 17. (New) The disposable plate of claim 8 wherein:
2 a bottom extent of the outwardly extending indentation in the rounded rim is coplanar
3 with the central surface of the plate.
1 18. (New) The disposable plate of claim 17 wherein:

the inward extending indentation in the lip stops short of a bottom edge of the lip.

Docket: EC005 Page 5 Amdt1